




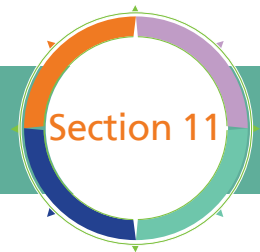
Staff Support

Circle Agenda

Agendas created in partnership with 

Circle Topic	
CR 11: Wellness and Resilience Strategies: Heart	
<b>Planning:</b>	Send document for distribution from the website to all circle participants at least 4 days prior to the circle.
<b>Purpose of circle/ Learning objectives</b>	We are learning how to build more compassionate relationships with students, families and colleagues by focusing on self-compassion and taking a deeper look at our own emotions and relationships to our self and others.
<b>Materials/preparation/time</b>	Time: 45-50 min Materials: Circle kit, values and shared agreements created in first session, write on for all to see or make copies of the description of Self-Compassion from the document that was distributed ahead of the circle. Set-up: Up to 15 chairs arranged in a circle without furniture in the middle
<b>Welcome/opening</b>	<p>"A deep sense of love and belonging is an irresistible need of all people. We are biologically, cognitively, physically, and spiritually wired to love, to be loved, and to belong. When those needs are not met, we don't function as we were meant to. We break. We fall apart. We numb. We ache. We hurt others. We get sick."</p> <p>— Brene Brown</p>
<b>Check-in or community-building activity</b>	1. (Talking piece) How are you doing on a scale of 1-5? If you could talk to any one person now living, who would it be and why?

# Wellness and Resilience Strategies: Heart



Circle Topic	CR 11: Wellness and Resilience Strategies: Heart
<b>Guiding questions</b>	<ol style="list-style-type: none"><li>1. (Talking piece) If you took the self-compassion survey, what is one thing you learned about self-compassion or yourself by taking the survey?</li><li>2. (Talking piece) Think about the three aspects of self-compassion: self-kindness (vs. self-judgement), common humanity (vs. isolation), and being mindful of your emotions (vs. over-identifying with them). What is a time in your career when one of these might have helped you?</li><li>3. (In pairs) Have group members pair up and brainstorm ways you can intentionally foster your self-compassion or your colleagues' self-compassion?</li><li>4. (Popcorn style) Ask pairs to share one or two of their favorite ideas from their brainstorm.</li></ol>
<b>Check-out/check for understanding</b>	<ol style="list-style-type: none"><li>1. (Popcorn style) How does self-compassion relate to the quality of your relationships?</li></ol>
<b>Closing</b>	<ol style="list-style-type: none"><li>2. (Talking piece) Pass an affirmation.  Directions: As the facilitator, share an affirmation that comes to mind from the circle experience (i.e. "I appreciate you."). Then ask each person to pass the affirmation. Start by sharing the affirmation to the person on your left and ask it to go all the way around the circle until it comes back to you.</li></ol>